

**The Women's Center of Montgomery County**  
**610-525-1428**

The Women's Center of Montgomery County was founded in 1976. Each year they provide counseling, educational and legal services to nearly 4,000 individuals who are involved in unhealthy relationships and domestic violence. The Women's Center of Montgomery County reaches 10,000 students annually through its violence prevention community outreach programs.

In 2004, Citizens Bank of PA and NBC 10 selected the Women's Center of Montgomery County as the first Community Champion, which recognizes and supports nonprofit organizations for their contributions to the community. This volunteer-based organization provides 24 hour, free and confidential empowerment counseling and services to victims.

For more information about the Women's Center of Montgomery County, visit their website at: [www.wcmontco.org](http://www.wcmontco.org)

**Youth Empowerment Program**  
**610-270-3429 x222**

Offer year-round occupational and educational learning for students currently attending high school or GED programs. We assist in finding jobs, preparing for college or technical/trade institutions. Program is funded by state and Federal government and administered by the Montgomery County Workforce and Economical Development. Parenting teens are eligible for our program.

**CADCOM—610-277-6363**  
**Family Development Self-Sufficiency Program**

Parenting skills training focus on general child interactions. First, it helps parents avoid ineffective parenting by learning effective ways in managing children. And second, it improves the parents confidence in the ability of raising their children.

**CADCOM—610-277-6363**

The *Teen Parenting Program* is a 4-5 week series nutrition class directed towards helping teen mothers learn proper nutrition for themselves and their babies. Classes focus on mothers' prenatal needs including getting nutrients necessary for healthy infant development. Mothers are also taught to make healthy meals and food choices.

**Carson Valley Children's Aid Norristown Family Center—610-410-2583**

What happens at the Family Center? Although we offer many different services, our core service offers home visits and group meetings with Family Development Specialists trained in the Parents As Teachers model

([www.parentsteachers.org](http://www.parentsteachers.org)). Family Development Specialists bring information to share with parents on child development, neuroscience, screening, discipline and other parenting issues. Visits focus on social/emotional and gross/fine motor skills. Giving parents information to prepare their child to be ready for Kindergarten is one of our goals.

The Family Center hosts three to four family events per year where parents and children can have fun together and parents can meet and get to know other parents of young children.

**Child Care Information Services (CCIS)—610-278-1477**

Montgomery County Office of Child Care Services in the CCIS Agency for Montgomery County. CCIS offers resources and referral services to all residents and assists eligible families with child care through subsidized child care program. For additional information: [www.montcopa.org/ccis](http://www.montcopa.org/ccis)

**Child, Home Community—215-348-9770**

Dedicated to building a better future for children by empowering teen parents through education, advocacy and collaboration. The programs include the focus on Motherhood Childbirth classes, the monthly Building the Family Support group and the School-based programs.

# Teen Parent Task Force



## Resource Directory

Sponsored by the  
Montgomery County  
Teen Parent Task Force

# Resource Directory

## Domestic Relations Montgomery County 610-278-3963

Domestic Relations is dedicated to helping clients establish paternity as well as establishing and enforcing support orders. We also help clients navigate the child support system.

## Easter Seals SEPA, Montco—215-368-7000 **Bright Beginnings Program** provides support to families of babies from birth to 3 years of age. Families receive home visits by developmental specialists who answer questions and provide suggestions about a variety of areas of development. Families also learn about massaging their babies and selecting books for everyone to enjoy.

## Easter Seals of SEPA Montco Division— 215-368-7000 x267

Easter Seals of SEPA Montgomery County Division is available for families to help create solutions that change lives. The Bright Beginnings team of therapists visit families of children who are at risk for developmental delays and offers support, advice and parent training so that their children can reach their potential. If at any time the team feels a child is presented with a developmental delay the team will help the family through the Early Intervention process. Easter Seals also supports families through homebased Early Intervention for children under three years of age. Preschool for children of all abilities is available at out Kulpville site. Social Work and therapies if needed can be incorporated in to the preschool classes.

## Health Partners—215-991-4268

The **Baby Partners Program** educates pregnant Health Partners members about the importance of getting proper prenatal care. All identified pregnant members may receive telephone calls, brochures, interviews about health needs during pregnancy, referrals to support services if needed, home visits (for high-risk pregnancies), and follow-up care after the baby is born. **EPSDT** works by making sure mother and child get the right shots, tests and health care at the right time.



## JFCS-WEE Care Program—267-256-2055

JFCS' WEE Care Program has been serving middle and high schools throughout the Philadelphia area since 1985. WEE Care is comprised of two main components, prevention and intervention services. The overall goal is to enhance the decision-making skills and sexual responsibility of all students. WEE Care interventions services typically focus on high school students who are pregnant and/or parenting; amongst the many workshop topics covered are child development, relationship and health issues, self-esteem, and budgeting tips. WEE Care prevention services focus on elementary to high school students with the goals of a) helping students develop healthy interpersonal relationships, b) raising students' awareness about health issues and practices and c) enhancing self-esteem.



## Lakeside Girls Academy—215-654-9207

A school for pregnant & parenting teens offering educational & counseling support to teen mothers. A state licensed daycare is onsite for infants and young toddlers. Classes in childbirth, nutrition, and parenting and life skills are offered. Caseworkers assist students in finding community resources and career / college planning.



## Laurel House—610-277-1860 (office)

**1-800-642-3150 (hotline)**  
Domestic Violence Program—working to end domestic violence.



## The Lincoln Center—610-277-3715

The mission is to teach children, adults and their families the values, process and life skills essential to a successful life journey—one filled with caring, contribution, and commitment. TLC is a not-for-profit transformational Educational organization serving children, individual and families. TLC provides alternative education, drug/alcohol prevention, crisis counseling, supervised visitation, DUI counseling and free supportive counseling services for individuals, families, groups who survivors and victims of crime and abuse.



## MARC Children Services—610-265-4700

Provides early intervention and support services to children with developmental delays ranging in ages birth to three. Early intervention services are design to help children participate as active members of their families and communities.



## Maternal & Family Health Services

### WIC Nutrition Program— 1-800-PA-WIC-4-U (729-4248)

WIC (Women, Infants and Children) Nutrition Program is a free nutrition education and supplemental food program for eligible pregnant, postpartum and breastfeeding women, and infants and children up to age 5. WIC promotes healthy pregnancies and encourages healthy eating habits that last a lifetime. Visit us on the web at [www.mfhs.org](http://www.mfhs.org) or [www.safeteens.org](http://www.safeteens.org)



## Mom's House®, Inc., of Greater Philadelphia— 610-935-7711

Mom's House® is a free daycare for low-income single parents who are attending school full-time (GED, High School, College or Technical School). In exchange for the free daycare, you must do three hours of service time and attend monthly, one hour information sessions (nutrition, childcare, finance, legal issues, etc). We supply diapers and wipes, breakfast and lunch.



## Montgomery County Community College 215-641-6561

Montgomery County Community College offers a wide variety of academic programs leading to career and college transfer opportunities. The College actively supports student success through its Student Success Center, Learning Assistance Labs, Services for Students with Disabilities, Career Services, Child Care Services, etc.



## Montgomery County Health Department— Norristown—610-278-5117

Offers maternal and child health services through the **Nurse-Family Partnership**, an intensive home visiting program for at-risk pregnant women. The **Prenatal Service Program** is a free prenatal care program for pregnant undocumented women. Other medical services also available.



## Montgomery County Health Department— Pottstown—610-970-5040

This is a public health nurse run maternal / child health home visiting program, which provides free home visits for new mothers and infants throughout Montgomery County. Also offers Childhood Lead Poisoning Prevention



**☎ Planned Parenthood SP—610-279-6095**  
PPSP believes that every child should be a wanted child. Then, women and men can achieve self determination, and families and society will be strong. It is therefore PPSPs mission to protect and enhance reproductive freedom, to increase access to reproductive health service and information, and to promote sexual health.

**☎ Pottstown Family Center/Family Services of Montgomery County—610-326-1610**  
In-home parent education program (**Parents as Teachers**), center-based playgroups for parents and children together, parent education workshops, SHARE food co-op program, Pregnant and Parenting Teen Program, Time-Limited Family Reunification, Volunteer Income Tax Assistance (VITA) Program, Pottstown's Early Action for Kindergarten Readiness (PEAK) Program, social service information and referral.

**☎ Urban Family Council—215-879-2485**  
Urban Family Council exists to build healthy families by educating about, and advocating for, life, marriage, and family. Our services include educational programs for students in kindergarten through 12th grades, fatherhood programs, parent education, HYPE summer camps, and more. Moving Ahead with Purpose (MAP) is a ten lesson small group program for pregnant and parenting teens that focuses on relationship issues.

**☎ Visiting Nurses of Pottstown & Vicinity 610-327-5700**  
A non-profit, community based organization providing healthcare services, education and instruction in your home. Our maternal child health nurses assist with complications of pregnancy, after delivery assessment and help to new mother and child, and care for children 0-18 years old with medical problems. The immunization clinic provides vaccines to those with no insurance or are underserved.

**☎ Montgomery County—Norristown Public Library—610-278-5100 x3**  
We provide early literacy based programming for children ages 0 to 12, including Infant-Toddler Storytime on Mondays at 9:30 and 10:30, Preschool Storytime on Thursdays at 10:30, arts & crafts on early dismissal days and much, much more. Family Storytimes are also offered on the 2nd Saturday of every month at 10:30.

**☎ Montgomery County Teen Parent Task Force 610-279-4812 x225**  
The mission of the Teen Parent Task Force is to advocate for the needs and services of pregnant and parenting teens, to work toward the reduction of teen pregnancy, and to empower teens to make healthy decisions.

**☎ New Choices / New options—215-619-7390**  
A state funded career development and personal growth program at Montgomery County Community College. Open to teen parents, single parents, displaced homemakers and people in transition, who are preparing to continue education goals and improve job market skills. The free twelve week course has day and evening classes at both Blue Bell and Pottstown campuses. The classes include workshops on self esteem, career and job assessments, computer training and marketable skills. Childcare and transportation assistance is available.

**☎ Norristown Early Head Start (EHS)—610-277-1505 x 101**  
EHS is a comprehensive child development program offering FREE linguistically & culturally appropriate health, education and social services to income eligible families that include a pregnant women and/or children, ages 0-3. Child-centered services of the highest quality are provided in the family's home or the childcare center. EHS's family-driven philosophy empowers parents to support and nurture their children while meeting other critical social and economic goals.